

RISE & FALL OF SUPERWOMAN

Instructor: Rae Forseth



Are you a Superwoman?

- Do you have an “Open Door” Policy
- Are you always there to “pitch” in
- Do you see others need & problems over yours
- Work when you eat lunch or travel
- Have everything must fill purpose
- Do it because others won’t do it as well
- Have high standard of self
- Find it difficult to enjoy vacations

Upon completion of this training, participants will be able to:

- Analyze and discuss the myths and social impact on personal / professional expectations
- Distinguish attributes of a “superwoman” and the effects of this mindset
- Exam health issues associated with this mindset
- Create and implement strategies to manage and develop balance with work, home and self

Who should attend: All individuals that work within the Correctional Profession!

Date: July 19, 2013 (Friday)
Time: 8:00am – 12:00pm
Location: Montana Department of Corrections
5 South Last Chance Gulch
Helena, MT 59602

To register contact:
Geri Mason
(406) 846-1320 ext 2307
GMason@mt.gov

Cost: FREE



Montana DOC staff must complete a training request form and receive approval from their supervisor(s) & training department in your Department/Facility prior to attending this course.

The Department of Corrections will make reasonable accommodations for persons with disabilities who wish to participate in this training or need an alternative accessible format of this notice or related material. If you require accommodations, please contact Geri Mason, DOC Training Center, 442 Golf Course Rd, Deer Lodge, Montana, at 406-846-1320 ext 2307; fax # (406) 846-1484; or gmason@mt.gov.